

How Might We Questions :

User	How	Might	We
Busy Person (Adult) Living in a City	How might we create time-efficient solutions?	Might we integrate tools for seamless health management?	We provide an app that combines diet planning, workouts, and progress tracking for busy schedules.
Beginner in Fitness	How might we simplify the fitness journey for beginners?	Might we introduce step-by-step, achievable solutions?	We help users start with fitness and diet guidance tailored to their level.
Parent with Young Children	How might we balance family responsibilities and personal health?	Might we offer quick, family-oriented health ideas?	We support parents with efficient meal suggestions and short workouts.
Individual with Dietary Restrictions	How might we offer flexible and personalized plans?	Might we design options to accommodate dietary restrictions?	We provide tailored fitness and meal solutions for specific needs.
Fitness Enthusiast	How might we enhance advanced tracking and optimization tools?	Might we explore innovative methods for detailed progress tracking?	We empower enthusiasts with analytics.
Young Individual (15-18)	How might we make fitness engaging for youth?	Might we incorporate gamified feedback?	We offer pre-prepared workout plans and tracking.
Person Living in a Rural Area	How might we address environmental limitations with creativity?	Might we use local resources to design inclusive solutions?	We support rural users with home-based plans and community resources.

			ingredient-based meals.
College Student	How might we design cost-effective solutions?	Might we explore affordable tools and strategies?	We help students balance meals and workouts within their financial limits.
Injury/Illness Recovery Individual	How might we ensure safety and gradual progression?	Might we focus on restorative and confidence-building methods?	We develop recovery-focused fitness plans for a safe return to health